

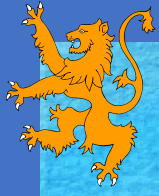
Self-Help Guides: Depression



[Click here](#) for a self-help guide for coping with depression that uses cognitive behavioural therapy

[Click here](#) for a self-help guide for an NHS self help guide for depression and low mood





Self-Help Guides: Depression

YOUNGMINDS
fighting for young people's mental health

[Click here](#) for advice on depression on the Young Minds website

 mind

[Click here](#) for Self-care advice for sufferers of depression on the Mind Website